BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
October 2020 Issue 616

Wildlife-Friendly Gardening Tips for October by Liz Dams

Let perennials form attractive seed-heads, like alliums, honestly and sea hollies. If you Include some native plants such as crab apple holly, elder, birch or hawthorn, you will be creating natural food supplies for birds through the winter.

Help wildlife by providing shelter in the cold winter months ahead. By cutting everything back and tidying up too much, we leave little for anything to survive and it becomes a hostile environment.

In helping wildlife you won't have the tidiest garden but wildlife will love it! In the spring you can have a clear up before new growth starts. We need predators to control pests such as aphids and slugs. They do a fantastic job from the start to ensure nature is kept in balance.

By helping wildlife we really are helping ourselves!

Bar Hill Reuse & Recycle Group

Are you interested in reuse, gifting old items for other people to reuse, or want to share tips on recycling?

There's a new Facebook group with over 600 members that you might be interested in;

https://bit.ly/BHReuseAndRecycle

Please note this isn't a selling group - if you want to sell something there are other groups for that, this one is giving away things for re-use and recycling (to reduce all of our household waste).

TerraCycle

TERRACYCLE

TerraCycle offers free recycling programmes funded by brands, manufacturers, and retailers around the world to help you collect and recycle your hard-to-recycle waste.

TerraCycle reuses, up-cycles and recycles waste instead of incinerating or landfilling it. This moves waste from a linear system to a circular one, allowing it to keep cycling in our economy.

Here in Bar Hill, we have the resources to take your waste and send it to TerraCycle.

Simply collect the items in the list (empty and rinsed) and drop it to Sarah Austen at 75 Foxhollow or Laura Chapman at 18 Foxhollow and we'll do the rest.

Pringle cans and lids - Crisp packets - Deodorant roll (only) - Toothpaste tubes - Toothbrush manual and electric - Single use face mask packaging - Pump heads, trigger sprays and caps - Hair colour kits (not bottles or cardboard) - Plastic packaging of wipes - Biscuit, crackers wrappers - Flexible plastic and metallic plastic tubes - Eyeshadow compacts - Lip, cheek and highlighter sticks - Mascara tubes and wands - Lipsticks, balms, glosses - Kinder eggs including plastic pots toys are in.

- BAR HILL RESIDENTS' ASSOCIATION -

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Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

ADVERTISING RATES

Please see the Bar Hill Residents Association Facebook Page (facebook.com/barhillra/) or contact the Advertising co-ordinator (see above).

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.] All items should be submitted electronically to **bhneditor@yahoo.com**.

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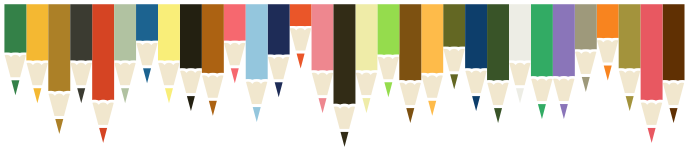

Bar Hill Childminders

We are Ofsted Registered and inspected Professional Childcare Providers, working with children in our own homes. We hold 'Good' and 'Outstanding' Ofsted grades, are fully insured and trained in Paediatric First Aid.

Beautiful Autumn has arrived so we are having fun with many seasonal activities, visiting lots of outdoor parks and forests- learning about seeds, collecting conkers, exploring how sycamore seeds can sow themselves by blowing and spinning away on the wind and growing where they land. We will be creating colourful pictures and collages, discussing what we find on our walks, counting , sorting, (bigger than/ smaller than) , comparing fresh new conkers with decaying ones plus many other varied activities.

Our Childminders are listed below, those with availability have the word 'spaces' after their name - those who offer Government Funded places, (Universal and Extended), have an F before their name.

F	Kirsty	07584 168909	
F	Jacky	07718 447998	
F	Melanie	01954 204496	
F	Terri	07846 018714	
F	Kirsten	07906 218070	
	Mandy	01954 204223	
	Carol	01954 780238	

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NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhneditor@yahoo.com** before the deadline of 6pm on the 15th of each month. Thank you!

Dear Bar Hill Residents

I have been out and about across the constituency over the last few weeks, seeing first-hand some of the fantastic work being done by residents as well as understanding the troubles that many have faced.

In Bar Hill, I joined Cllr Bunty Waters on a walkabout, stopping in to speak to residents and visit the Scout Hut to discuss their options for the future. I was also shocked to see the kind of flooding affecting residents in places like Robin Close. I'll be writing to various agencies to get these drains unclogged and ensure streets like Robin Close don't live in fear of rainstorms!

I also had the chance, one or two times, to help out by eating out! I was delighted to see that over 22,000 meals have been claimed for by the 107 restaurants, cafes and pubs in our area, proof that local people are supporting out local businesses. I have no doubt that there are businesses in South Cambridgeshire today which, without this brilliant scheme, may not have made it through the summer. I hope local people will continue to support them in the months ahead.

It is also good to see students returned to their rightful place in classrooms across the constituency, something I very much welcome. Having been in contact with many headteachers in South Cambridgeshire, I am very encouraged by the steps they have taken to ensure all pupils are safe on their return. As they, their families and their teachers begin to settle back into a new, albeit familiar routine, I want to wish them a very successful start to this new term.

However, while I am glad to be looking forward, conquering this invisible enemy remains a key part of our lives. Please do continue to follow social distancing requirements and wear masks when prompted. And, as ever, please don't hesitate to reach out if you think I can help.

My email:
anthony.browne.mp@parliament.uk

Anthony Browne MP

Note from the Editor: A big thank you for all the additional articles for this month! Especially to Liz Dams!

If you belong to a local group or have an upcoming event you'd like to publicise please feel free to get in touch - we're still short of the 40 pages we had in February.

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

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Church News

Whilst the buildings have been closed during lockdown Bar Hill Church has been even busier in the community, helping and supporting people and offering online worship to which all are welcome. Due to the continuing Covid-19 situation we will not resume regular services in the buildings for the time being.

Services during October

Currently all our church services are being held online using Zoom and, as usual, all are welcome to join us. Online church services are held:

- every Sunday at 9:15 am, with Holy Communion included in the service on the first and third Sunday's of the month.

- We also have a short service of morning prayers that takes place online at 8:15 am every day Monday to Friday.

Our online services can be accessed using the following link:
https://us02web.zoom.us/j/88297613899
Meeting ID: 882 9761 3899
Password: 284740

Church Contacts

Church Office	Ian Pryke	01954 206120 church.office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119 Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
	Website	https://barhillchurch.org.uk
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BIN COLLECTION

Here are the dates for the next few weeks bin collections for Bar Hill;

	Black	Blue/ Green
Thu, 1 Oct 2020	✓	
Thu, 8 Oct 2020		✓✓
Sat, 17 Oct 2020	✓	
Fri, 23 Oct 2020		✓✓
Thu, 29 Oct 2020	✓	

Bar Hill Editorial Services

editing - copyediting - proofreading
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BAR HILL

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To keep up to date on the latest developments please join us on facebook: http://bit.ly/FBBarHillNHW (or search for “Bar hill NHW”)

Bar Hill Tennis Club

Courts are now open. Please keep safe when playing and follow the guidelines;

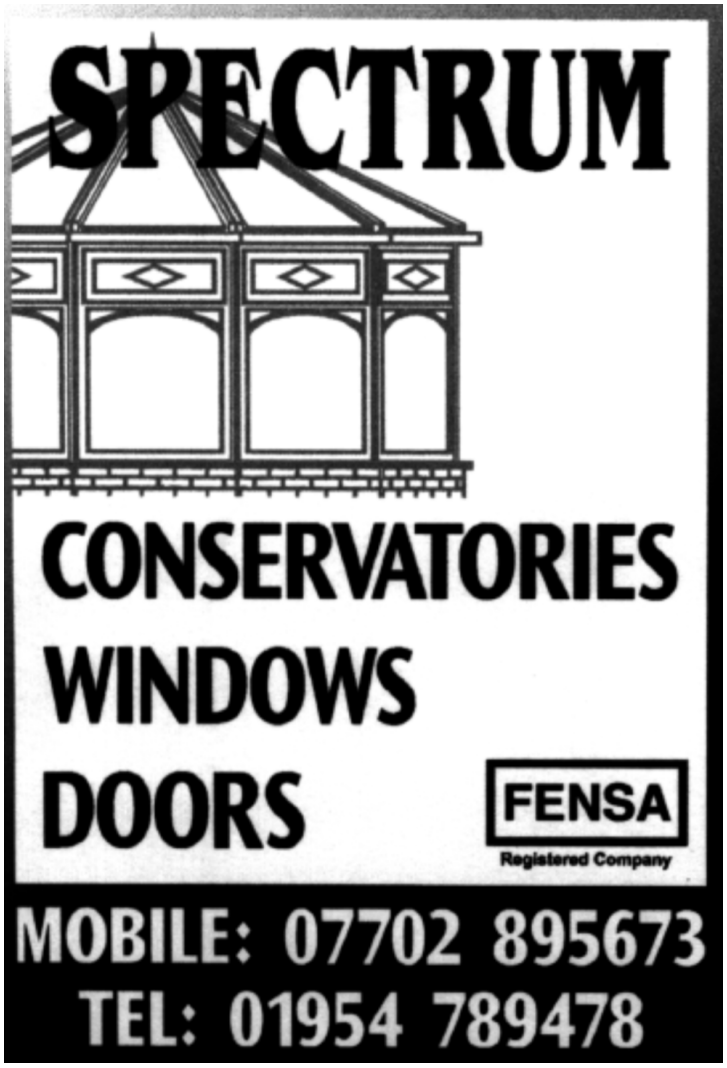
- Maintain social distancing of 2 metres
- Use gloves (if possible) and sanitise common Surfaces (Padlock, Gate, etc) before and after use
- Sanitise hands before and after play
- Doubles can be played
- The bench is not to be used
- Use your own equipment and balls
- Please do not try to adjust the nets

Membership: Adults £40, Family £80 & Juniors £15. For details come and meet us Tuesday or Thursday evenings at the courts, call us, or visit (barhilltennisclub.co.uk).

Courts Are Available To Hire By The Hour For £6.00 Per Person (Juniors Must Be Accompanied By A Responsible Adult) – Call Paul (Details Below) Or Visit Our Website For Details

Contacts:

Paul Chubbuck (Secretary) - 07983 435104
Tennisclubbarhill@gmail.com)



HAPPY HOURS – Afternoon Tea

2 -4pm on Friday

In these unusual times we have started to meet up, doing our best to ensure social distancing and personal safety, for afternoon tea.

Venue: **Bar Hill Sports and Social Club**

Fridays from 2-4pm

Cost: £1.50 per person

Please feel welcome to come and join us!

Stay safe!

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Flu vaccinations: 50-64 age group

Please note that people in the 50-64 year old age group will not be vaccinated until November and December, providing there is sufficient vaccine, and no appointments will be offered for this age group until then. This is to ensure that those who are most at risk are vaccinated first.

If you are 50-64 and you are in one of the other groups which are eligible for the flu vaccination you will be invited earlier.

Missed GP Phone calls

The GP clinics continue to be booked as telephone appointments initially, and you will only be given a face to face appointment if the doctor is unable to help you over the phone or via video consultation.

Please ensure we have the correct contact telephone number for that day, and make sure you are available for the call throughout the morning session (between 8:30-1pm) or the afternoon session (between 2-6pm). If you miss your call, the GP may try once more later in the session, but should you miss the call again you will receive a text from the practice to say you have missed your appointment and will need to speak with the reception team to re-book your appointment at a later date.

Carers Meeting

Due to the pandemic, the carer's meetings are still currently postponed until further notice. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Urine Samples

Please only drop off urine specimens for testing if you have been requested to do so by a clinician. If you are symptomatic and believe you have a urinary tract infection (UTI), please call reception who will arrange for you to speak with a clinician.

A&E is not an alternative to a GP appointment. If we are closed please call 111

Lisa Smith –Assistant Practice Manager – October 2020

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OPEN eco HOMES

Has spending more time at home got you thinking about home improvement? The upcoming government Green Homes Grant offers homeowners and landlords grants up to £5,000 covering two-thirds of the cost of many home energy improvements.

Local charity Cambridge Carbon Footprint is offering free advice on how to renovate your home to make it more comfortable and energy efficient with their Open Eco Homes Autumn Season. After 10 years running live events, this year they've offering their home tours and talks online. There are 8 tours and 3 talks to choose from, running between September 14 to October 20. Details and registration at **openecohomes.org/autumnseason.**

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Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton) adrian.gates@rcdea.org.uk, 01223 622690)

Local Contact: **Bunty Waters** (Tel: 01954 201421)

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whenever you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (074 3255 0621) and the free kit will be delivered to your door (in Bar Hill). God bless you!

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Bin Collections In South Cambs

Household bin collections across South Cambridgeshire and Cambridge City are carried out by the Greater Cambridge Shared Waste Service, a partnership between South Cambridgeshire District and Cambridge City Councils.

There is lots more information about bin collections and waste and recycling services available, along with details of Household Recycling Centre opening times.

Cambridge City Council's Executive Councillor for Climate Change, Environment and City Centre, said: "We need to do what we can to reduce food waste as it creates greenhouse gas emissions of the equivalent of 300,000 tonnes of CO2 in the Greater Cambridge area alone.

During the pandemic, alongside Cambridge Sustainable Food we have set up eight food hubs across the city, supporting residents who are struggling whilst also preventing good food from going to waste.

Businesses with excess food can contact Cambridge Sustainable Food to organise donations and we as individuals can also play our part by only buying and then cooking what we need. Of course, we don't always get this right, but a surprising range of food can be frozen to use at a later date, including meat up to its use-by-date, cooked meat and bread."

Grants For Voluntary Groups

Council grants to South Cambridgeshire's voluntary community groups, totalling more than £170,000 in the past year, have been described as 'vital' by recipients. Members of the District Council's Grants Advisory Committee heard how just over £172,000 in Service Support Grants was handed to 15 local voluntary groups in 2019/20. This is part of a three-year agreement with the groups which will see them receive a total of £402,000 between them by the end of March 2022.

The grants are designed to support local community groups and organisations to deliver a range of services to residents. They focus on the themes of community transport, welfare advice, independent living, supporting parishes and communities, being fit to learn, and preventing and tackling homelessness along with housing advice.

Lifeline Support Meal Schemes

'Lifeline' schemes that have delivered more than 2,200 meals to vulnerable residents in lockdown are being extended for two months in South Cambridgeshire, thanks to fresh funding.

The District Council has secured £1,400 from Cambridgeshire Community Foundation's (CCF) Coronavirus fund to enable initiatives to continue operating from Over Day Centre and C3 Church in Cambridge until the end of October.

At Over Day Centre the nutritious meals are prepared twice a week by the centre's chef Karen Croxon, supported by staff and volunteers and distributed by 25 helpers to vulnerable residents in Over and beyond, including Bar Hill, Caldecote, Cottenham, Longstanton, Swavesey and Willingham.

Since lockdown, many of these residents have been unable to meet up for meals and enjoy each other's company at their local day centres or lunch clubs.

South Cambridgeshire District Council

Please contact me if you would like further information, help, or advice
Bunty Waters - bunty.waters@ntlworld.com **07734 690580**

Swavesey Camera Club

Are you interested in getting more from your photography whatever you level ? Come over to Swavesey Camera Club, meeting on-line most Thursday evenings via Zoom. We very successfully completed the end of last season via Zoom due to Covid 19. Our first meeting of the new season was on Thursday 3rd September 2020 at 7.30pm. (Due to Covid 19 we are still unable to meet in person at the present time).

Photography is well suited to on-line meetings / presentations and our members have thoroughly enjoyed seeing each others work this way as well as learning from accomplished photographers from other parts of the UK.

During the 2020 - 2021 season we will be having presentations from expert photographers from various parts of England and Ireland. We will see demonstrations of Architectural photography, texture photography and portraiture, as well as enjoying seeing our members photographs in internal club competitions as well as sharing tips and advice.

If you would like to see for yourself the first evening is free to non-members and £4 per online visit on subsequent evenings. Full membership for the season - £50, concessions - £40 - Youth - £15. Beginners are very welcome as well as more experienced photographers. Go to the club website for more information. There is also a “CONTACT US" form to get further advice about the club.

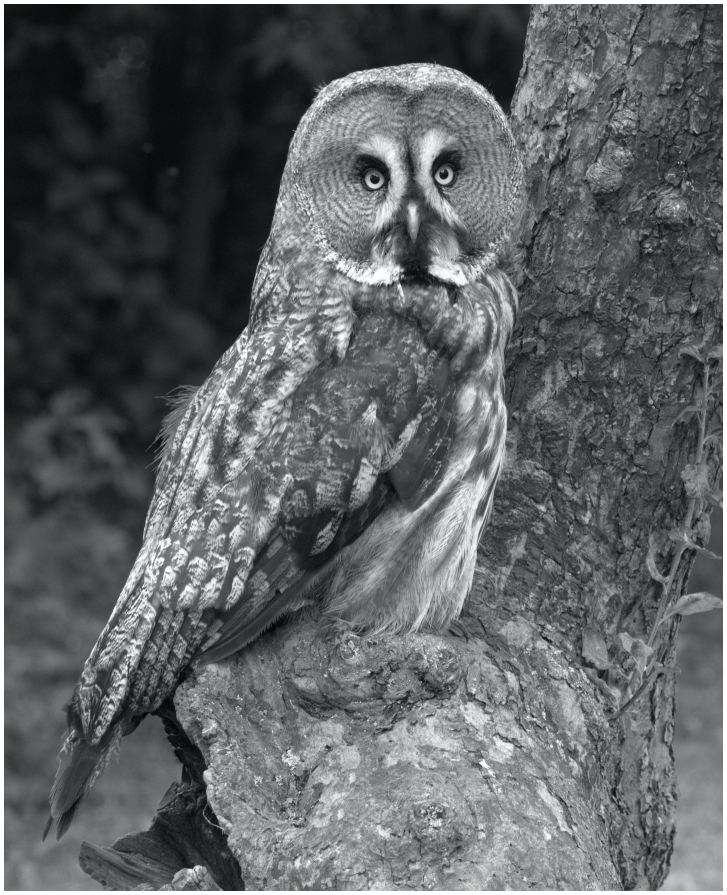
www.swaveseycameraclub.co.uk

Hope to see you there !

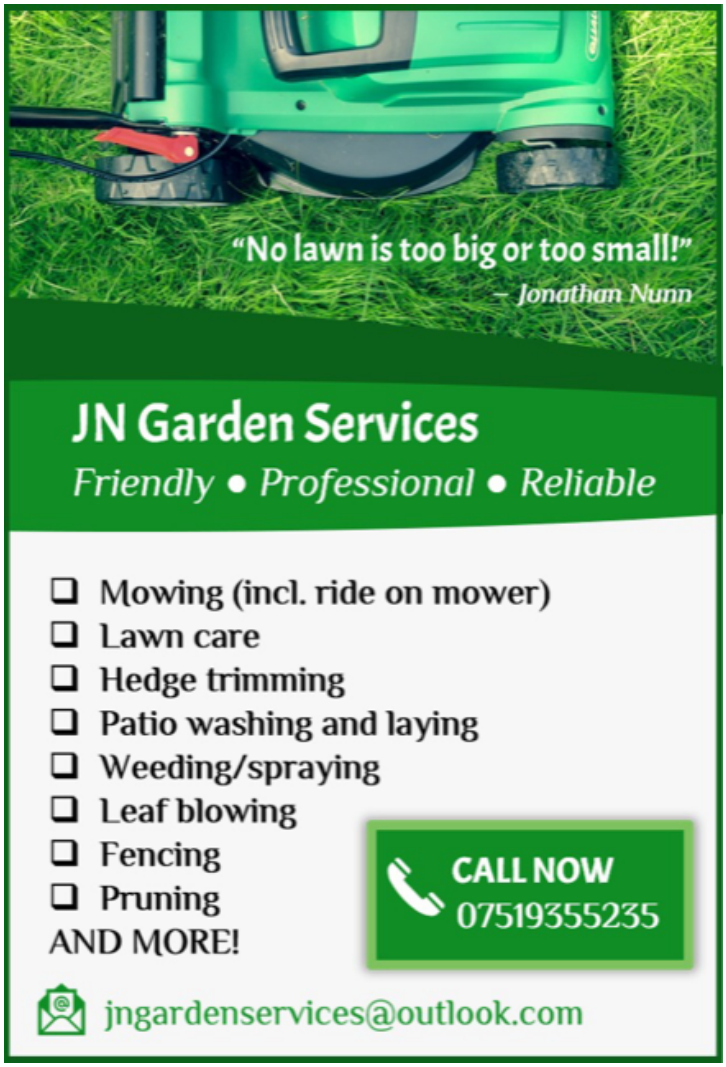
Maggie O’Moore (Committee Member)

THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or WendyArrowsmith on **01954 781381** or come along to the next meeting.



Great Grey Owl by Maggie O’Moore



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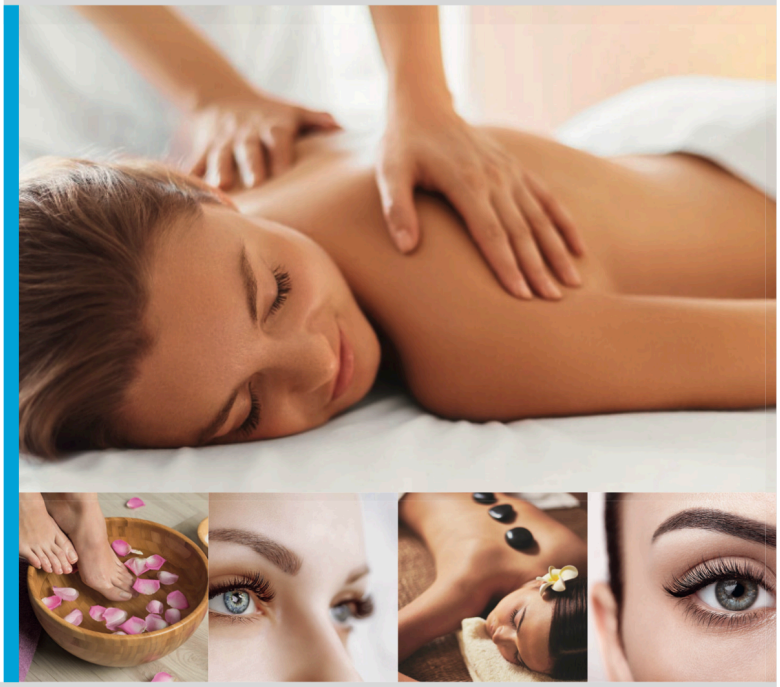

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Library@Home Service.

Cambridgeshire Libraries can now accept new referrals to the Revised Library@Home Service.

The service is for anyone who usually relies heavily on reading books or listening to audiobooks AND who is housebound, shielding or isolating due to age or health conditions under the current COVID-19 Government guidelines.

People accepted for this service will be contacted by a member of the Library@Home Team who will arrange a doorstep delivery of specially chosen books/audiobooks. Deliveries will be monthly (by prior arrangement) and previously loaned books/audiobooks will be picked up when new ones are delivered.

To enquire about the Revised Library@Home Service you can contact us:

volunteers@cambridgeshire.gov.uk or phone – **07442 022 926** or **07342 700308**

A member of Library@Home team will respond to the referral.

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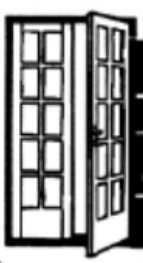

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BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk
Chairperson: bunty.waters@barhillpc.org.uk

Dog Owners are respectfully requested to be considerate to others by ensuring that they pick up their pets' poo in a bag and take home for the bin or dispose in one of the dog waste bins dotted around the village and on perimeter road, including by the nature reserve and public rights of way.

Parishioners may report incidents of dog fouling to South Cambs District Council which has enforcement powers and will clean up fouled areas & issue fines (if appropriate).Please call **0345 045 0063**.

Planning. Hallmark Hotel Development will be ongoing and the Council has established contact with Wellington and Sanctuary Housing. Release of s106 monies, for which a broad bid on types of expenditure had to be submitted at the beginning of the planning application process in 2016, will follow but the council will need to hear parishioners' views on actual projects. The planning application included play facilities on the site and pedestrian crossing. The Norman Park commercial use development is beginning to progress and the developer has been in contact with the Parish Council.

Boundary maintenance. Please could residents check around their property boundaries to remove any vegetation or overhanging trees that is, or might in the future, be an obstruction or cause a nuisance to people passing by. In some cases this will include the utility strip residents have to leave open and not enclose by a fence; do please check your title deeds to identify the boundary you are actually responsible for.

Most of the footpaths, roads, street lights and road gullies are the responsibility of Cambridgeshire County Council and they ask that the public report any issues to them, as soon as noticed.

Annual Parish Meeting

Thursday 22 October 2020 at 7.30pm

(due to Covid-19 restrictions this meeting will be held remotely on Zoom). Details will be published on the village noticeboard.

Apologies for absence; previous Minutes; reports from County, District and Parish Councils; Village Clubs and organisations; and any matters raised by the electorate

To assist organisers manage remotely, any questions you have for the County, District or Parish Council, or village organisations, and especially any ideas for the community please submit to the Parish Council's office in writing by 10 October 2020. We are asking for reports to be submitted by the end of September so these can be published before the meeting. As usual items will be taken back to the respective organisations for further consideration by members after the meeting.

It was hoped Highways England would talk to villagers about how the A14 scheme is finishing and give an update on projects and opportunities for the community. In particular the Parish Council has been pressing Highways England for support to install a path to connect up across the village green between the village hall and school/play areas, together with improving path across the front of the tennis and MUGA courts from Hanover Close/Church.

Flytipping. Anyone spotting flytipping in the village or on their travels around the district, please report immediately to https://bit.ly/SCDCFlyTipping

Councillor Vacancies. Please contact the office for details Clerk@barhillpc.org.uk

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Olive Tree Bereavement Support

In these extremely difficult times we are aware that we have not been able to meet on our usual 2nd Saturday of the month. We are hoping to start meeting by the end of August 2020. This will be communicated to members.

Should you be an individual who has recently been bereaved who would like support and may possibly wish to join this group please phone either :-

Sue Kenchington 01954 780260 or Chris Stannard 01954 781978

If you would like a conversation with either of us before the group reconvenes, it will be treated in the strictest of confidence.

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We have spaces part time and full time for children aged 4 months to 4 years at our lovely little day nursery (next door to the primary school). We are open Monday to Friday 7.30am – 6pm.
Please feel free to call/ email and book a time to come and have a look around, our nursery manager Claire will be happy to arrange that for you.
Please call **01954 488081** or **email nursery@buttercupschildcareltd.co.uk**
We also have out of school care based at the children's centre at the front of the school (for primary school children). We are open from 7.30am to 8.45 am and from 3pm to 6pm Monday to Friday. Also in the school holidays from 8am-6pm.Please call our setting manager Sarah on 01954 200814 or contact us using the email **oosc@buttercupschildcareltd.co.uk**.

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Our ethos is to provide high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

We temporarily closed during the lockdown. Re-opening in early June in a reduced capacity with strict cleaning regimes and changes to routines and procedures to meet the current guidance.

Since we returned our children have made bird feeders, grew vegetables, used various blocks and boxes to build fantastic structures, and enjoyed water play. We have enjoyed playing in our large garden and having our carpet times outside.

Since the end of term we have been busy refurbishing the outdoor, in particular the Sensory Garden. We have received fantastic donations from **Oasis Nursery** in Willingham, including flowering plants and herbs, **Tesco Stores** donated a large number of flowering planters to brighten all areas of the garden, **The Fox** gave donation envelopes to their patrons which raised enough money to not only buy all the screening, but we also brought bits for our new fairy garden, a new picnic bench, as well as several other items. We also received donation of bricks and plants from various Bar Hill residents.

We are planning to redevelop the undercover area before the start of term, but we will keep that as a surprise for next month!

In September we will be opening our doors again 5 days a week, in line with the government guidelines, we are monitoring all communications and guidance sent to us, to ensure we are opening as safely as possible. We are utilising our large outdoor area, we have new water lily stepping stones, toadstool seats, colourful new balance beams and a fantastic new mud kitchen, we would like to say thank you to the team of volunteers who have given up their time to help with the refurbishment.

We are looking forward to welcoming our new starters in September and still have a few places left, if you are interested in a place for your child contact us now via email enquiries@barhillpreschool.co.uk to register your child.

We sadly say goodbye to our school leavers and wish them lots of fun at their new schools in September. We will miss you all and are so proud of all your achievements

If you are interested in a place for your child contact us now on email enquiries@barhillpreschool.co.uk.

Kind regards

Sarah Stepney & Claire Pearson

OCTOBER 2020 BHm 10/20

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A	L	B	G	O	L	O	R	B
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AIM: Place the 27 three character 'tiles in the left -hand grid TO the CORRECT spaces in the right hand grid relating to 9 BIRDS containing NINE letters horizontally and in alphabetical order

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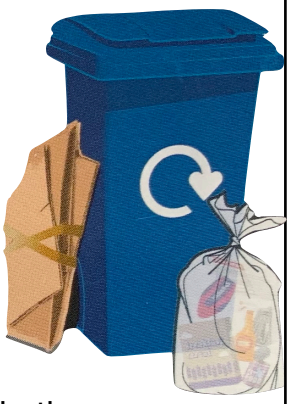

- Secure cardboard (tape or tie together) in one bundle which would fit inside the bin with the lid closed if there were space. Please don't leave it out in the rain!
- Put other recycling in one transparent sack. No black sacks
- Put any glass bottles and jars inside your bin, not the sack, for safety reasons
- If you always need to put out extra recycling, order a free extra blue bin via the South Cambs website

Hopefully this guidance will be useful in the run-up to Christmas which is the time of the year when a lot of additional waste is generated!

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Telephone **01480 413311** (Mobile **07866 602100**).

If you have been a victim of crime (Cambridgeshire Constabulary should ask if you want to be referred) and the visit is free, otherwise there is a £50 suggested donation to help cover the costs of the visit.

See thebobbyscheme.org/ for more details.

Helping the European hedgehog in October by Liz Dams

Preparing For Hibernation

With the nights drawing in now hedgehogs are starting to prepare for hibernation. They need to put enough body fat on to survive through the winter months. Ideally a healthy hedgehog should weigh 650 gms before going into hibernation. They can hibernate weighing far less but often won't survive. Food will be scarcer now. We can help supplement their natural diet by putting out a bowl of meaty cat or dog food, either wet or dry, and a bowl of fresh water each night. You can make a feeding station by cutting a small hole in a plastic storage box and weighing the lid down with a brick, to stop cats getting to it. Never feed bread or milk as these cause an upset stomach. Hedgehogs are lactose intolerant so they should not be given anything dairy.

Check Bonfires

Bonfire piles are very attractive to nesting hedgehogs, so it's best to build and burn bonfires on the same day to avoid tragedy. If this isn't possible gently search though the bonfire before burning to make sure any wildlife can escape, or move the pile before you set it alight.

Leave A Hole In The Fence

Hedgehogs can travel up to 2 km a night foraging for food. Being able to pass easily through gardens will help keep them safe from busy roads and provide access to a wider variety of food sources so they can fatten up ready for the winter months. The hole only needs to be the size of a cd.

Hazards In Our Garden

Garden ponds can be death traps for hedgehogs, so ensure they have a shallow area or a plank of wood leading out of the pond, so they can get back out. Any netting, wiring or string should be kept above ground so hedgehogs can go underneath so they don't get entangled. By only using organic products in your garden you will be helping all wildlife.

An Important Fact About Hedgehogs

Hedgehogs are an indicator species for the health of the natural world because they feed on soil invertebrates, so a big decline in hedgehogs implies the quality of the environment has significantly decreased.

FRIENDS OF THE ROSIE

We hope all our friends and customers are still staying alert to stay safe during these unprecedented times. Are grandparents enjoying meeting their new grandchildren in person and looking forward to the day when they get their first cuddle?

Now that summer is over, take a look at the Hallowe'en toys available on our website www.rosieinstitches.org.uk shop. Please also take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the autumn and winter.

By using our online store you will be avoiding the crowded shops and keeping yourself 2m away from other shoppers. You can shop for new items on our website or donated items in our rosieinstitches2010 eBay charity store, and vintage knitting patterns on our facebook page.

Please also refer to our facebook page which is updated daily.

While you are shopping online, you could be saving money and helping our fundraising for items for the mums and babies at the Rosie Hospital that the NHS cannot buy.

Shop on AmazonSmile, and Amazon donates to The Friends Of The Rosie Maternity Hospital Addenbrookes NHS Trust, at no cost to you.

Click on one of our affiliate store buttons on our website and a percentage of your purchase will come to The Friends of the Rosie Hospital.

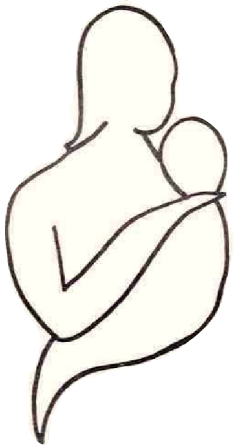
Did you know that you could save money when you switch your providers? Now is the perfect time to see where you could make a saving on your utilities, mobile contracts and insurance – use easyfundraising to compare Broadband & Digital TV packages and you could be raising free donations for Friends of the Rosie Hospital, Cambridge, England.

There are over 4,000 shops and sites on board ready to make a donation and it won't cost you a penny extra to help us raise funds.

All you need to do is:

1. Go to www.easyfundraising.org.uk/forh and join for free.

2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.



3. After you've checked out, the retailer will make a donation to Friends of the Rosie Hospital, Cambridge, England at no extra cost to you whatsoever!

From car insurance to broadband or your energy provider, there are so many ways to save on your bills AND raise more free donations. There are no catches or hidden charges and Friends of the Rosie Hospital, Cambridge, England will be really grateful for your donations.

With your help in 2020 we have raised over £3,000 for the mums and babies at The Rosie Hospital.

If you would like to donate some of your spare time while you are staying safe at home, pop over to the volunteering page of our website for some ideas.

If you have been spending your lockdown spring cleaning, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website

Unfortunately, we are still unable to open our tea bar in Clinic 21 at The Rosie Hospital.

UPDATED COVID VISITING INFORMATION

Restrictions put in place are being reconsidered. Some are being lifted but other areas may remain with visiting restrictions in place as the priority has to be the safety of patients.

Thank you for your continued support.

The Quids in! Money Health-Check Service

Preventing evictions by providing tenants with independent money guidance

The launch of our Money Health-Check Service for people on low incomes in the UK!

In May 2020, Citizens Advice found four million tenants had missed at least one rent payment during lockdown and six million at least one bill payment. Clean Slate is preventing homelessness and helping landlords protect revenue by engaging tenants with our unique Money Health-Check Service to help them maximise their income, reduce spending and improve how they manage money. Working with landlords, we help tenants get back in control, secure their housing and improve their resilience.

Clean Slate Training & Employment CIC enables people on low incomes to become better off by helping them manage their money, find work or better paid/ more secure work and get online. Clean Slate offers peer-led drop ins, runs workshops, a telephone helpline, and runs Quids in!, a money skills initiative which publishes magazines, newsletters and guides.

Lighting The Way Ahead

The Money Health-Check Service offers independent, accessible and practical support that helps them get back on top of their money, and tenancy, reducing arrears and increasing their wellbeing.

Tenants are booked a one hour appointment, where they are guided through the Money Health-Check by a Clean Slate support worker, over the phone. The answers given help us to identify where further support is required. It acts as a triage service, identifying habits, attitudes, needs and next steps. Those requiring more specialist help are signposted, such as for debt advice. For most, an action plan is established, and ongoing support is available. Follow up calls and revisiting the quiz a couple of months later allows us to measure the 'distance travelled', and complete a full impact report.

This service can be offered across the UK over the phone, and in some areas can include money skills and employability workshops and as lockdown measures ease, can be offered face to face.

Setting up the Service

To find out more contact Lisa woodman, Partnerships Manager. lisa@cleanslateltd.co.uk or call 07548 627 303.

CleanSlate
Training & Employment

Dog Barking Too Much?

South Cambridgeshire District Council

All dogs bark sometimes, it's perfectly natural. But when they bark a lot over a long period of time they can become a noisy nuisance to neighbours.

If the problem has gone on for too long and has caused a lot of upset, your local authority's environmental health department can formally ask you to stop your dog from continuing the behaviour, and if you don't, they can take your dog away from you.

Usually, when dogs bark persistently over a long period of time, it is because they are distressed. Common reasons include being left home alone for too long, because they want attention, or because they are worried by something.

Blue Cross recommend contacting a qualified behaviourist to help you resolve the underlying issue.

Reporting Barking Dogs

If you have a problem with a barking dog in your area, call **03450 450 063** for the Environmental Health section. When you do contact them it would be helpful if you provide your name and contact details so you can be kept fully informed and up to date with your enquiry.

Alternatively you can email them on env.health@scambs.gov.uk.

Bar Hill Primary School Update

Welcome back! It has been wonderful to have all our children back with us and hope that they have had good first full week back at school. A warm welcome to our new parents this year – we hope that your time at Bar Hill Primary is a happy and learning-rich one!

I would like to thank all of parents and carers for your support in our reopening for the new school year and for adapting to our new drop off and pick up procedures. I hope that you find the system is now working well. Please do continue to help us keep everyone safe by ensuring that you are only arriving at the designated drop off/pick up time and socially distancing yourself from other families.

Our Reception children (& Teachers) are loving their new classrooms and enjoying the space for playing and learning. We are lucky enough to have been donated special carpet time rugs from Domino, thank you.

The children have adapted well to the 'new normal' and have all taken the sanitising routines and playtime and lunchtimes rotas in their stride. We are very proud of them and hope that they have felt safe and happy about coming back to school. We are all looking forward to the coming weeks and to getting on with some fantastic learning opportunities.

Bar Hill Cricket Club

The headline act of our shortened season was undoubtedly Sam Wilson, who returned superb figures of 6 for 12 against Cam Kerala II. This included a hat-trick (for the uninitiated that's three wickets in three balls) – the first for the club for 11 years.

Unfortunately, Kerala's bowling attack was too strong and so Bar Hill were unable to turn Wilson's performance into a victory.

We did beat Longstowe in the first league match of the season, with Jim Neal hitting 52, our only half-century of 2020, as it turned out.

With one match rained off, our other two league matches resulted in a close defeat to Cambourne III and a not so close defeat at Little Shelford.

With friendly matches also played against Girton and Elsworth, we were grateful to be able to play any cricket at all and we now look forward to – hopefully – a more normal 2021.

We weren't able to run any youth cricket this summer but all being well it will be back next summer. For more news, keep an eye on www.barhillcricket.org.uk or our Facebook page.

For any information, you can contact me on the number below or via info@barhillcricket.org.uk

Paul Stimpson 201212

FREE COMPANIONS CINEMA TICKET

A CEA Card costs £6 per year and provides a free ticket for a companion when a disabled person attends the cinema with a friend.

You can phone **01244 526 016** (or text phone **18001 01244 526 016**) to request a postal form, visit a participating cinema or visit ceacard.co.uk to apply online.

More details via email; info@ceacard.co.uk

Getting ready for winter

As the colder months draw in, we begin using our fires, burners and chimneys once again to warm our homes. Chimney Fires continue to be a common occurrence in home fires in the winter months.

To ensure you keep your home safe from fire, follow our top tips below:

- Whatever fire you have or fuel you burn it is vitally important to have your chimney swept to avoid a build-up of ash and soot
- Avoid burning resinous woods (that quickly build up soot)
- Only burn fuels suitable for your burner (eg. never burn anything other than wood in a wood burner)
- Do not overload the grate/ appliance
- Do not bank fires too high and remember to let them burn out well before you go to bed
- Check the hearth, floor and furnishings near the fire for hot sparks/embers
- Do not place objects on or over the mantelpiece which cause you to stand too close to the fire in order to reach them
- Use a fire/spark guard to prevent accidental fires and make sure it has the kite mark or conforms to British/ European standards
- Inspect your chimney breast, particularly the roof space. Make sure it is sound and sparks/fumes cannot escape through cracks or broken bricks.

Most importantly, always fit a smoke alarm and test your alarm weekly, and ensure a Carbon Monoxide (CO) alarm is installed in the room where the burner is.

For more information log on to www.cambsfire.gov.uk, follow us on social media or call **01480 444500**.

Test your smoke alarm!

Did you know that you should test your smoke alarms at least once a month? Or that you should have smoke alarms on every floor of your home? Or that Cambridgeshire Fire and Rescue Service do free home visits to make sure your home is fire safe?

Visit this website for helpful tips and advice: https://firekills.campaign.gov.uk/

It only takes one accident to start a fire. Fire kills. Let's prevent it.

Sign up to receive the latest news and safety advice from your fire service

Want to get all the latest news, safety advice or vacancies delivered straight to your inbox? Choose what you want to hear about, and update your subscriber preferences at any time. Sign up to our mailing list at: bit.ly/CambsFireBulletins.

Get the call - become an on-call firefighter

Cambridgeshire Fire and Rescue Service is looking to recruit more on-call firefighters to help serve local communities across the county.

CFRS is looking for men and women from all backgrounds to become on-call firefighters and provide emergency cover from either their home or their workplace.

On-call firefighters are a vital part of our Service and community. They respond to a wide range of incidents, from fighting fires, attending road traffic collisions, animal rescues to supporting other emergency services. In addition to responding to emergency incidents, our on-call firefighters support their communities by providing information and advice on a range of community safety topics.

They receive an annual wage to reflect the time they commit to being available plus additional payments for attending incidents and drill nights (one evening a week for two hours).

It's a hugely rewarding role, and we hope to encourage members of the community from all backgrounds to get in touch and find out more about becoming an on-call firefighter.

Visit www.cambsfire.gov.uk/oncall for more information.

COUNTY COUNCILLORS REPORT

August is a quiet month for council meetings but there's been plenty of other work to keep both officers and councillors busy.

Following detailed risk assessments and close monitoring of the local situation, schools have again opened. A comprehensive 'Welcome Back to School' guide was provided for all parents and carers of children returning to school. Understandably some are still nervous about letting their children go back to school but, under the direction of a highly respected director of education, everything that can be done to make schools Covid safe has been done and the county council will monitor the situation to ensure that this continues.

Some say we've been lucky in Cambridgeshire to have had the relatively low number of cases of Covid-19 that we've had in the county but I firmly believe that this is in no small part due to the level of compliance with the rules that the local population has committed to.

To prevent the spread of Coronavirus,
NHS
regularly wash your hands
for at least 20 seconds
with soap and warm water
For more information on how to protect yourself,
visit NHS.uk/coronavirus
Cambridgeshire County Council

The recent storm certainly kept highways and drainage officers busy. Some areas of Bar Hill are particularly at risk from flooding and I am following up on the concerns of those residents who have contacted me following the recent very heavy rainfall events. Responsibility for water in its various forms is regrettably widely spread and this doesn't help efforts to ensure that everything is working as it should.

I'm also working with county council officers on outstanding issues related to the A14C2H work that particularly affect Bar Hill. Negotiations are ongoing both on the work required by Highways England to our local roads following their use as diversion routes, and the condition of the assets that it will hand over to the council at completion of the project. There are also some safety issues raised by local residents that I am seeking to have addressed.

The county council has joined forces with a company called Solar Together in an initiative to improve energy efficiency and reduce carbon emissions. Households and small/medium sized enterprises can now register, free and without obligation, for a group buying scheme at: www.solartogether.co.uk/cambridgeshire. The county council will arrange an auction with pre-vetted installers on 06 October 2020. This will take the form of a reverse auction which means that the lowest bid wins. The winning bidder will set the price for all solar and battery systems. After the auction each registered household will receive a recommendation based on the information that it has supplied, and will have six weeks to decide whether or not to take up the recommendation. The offer is for a complete service including all equipment, survey, installation, monitoring and warranties. Households that already have solar panels installed can also register to have battery storage added to their existing installation to maximise the benefits of their system.

Thank you to everyone who has been in touch recently. Please can I ask, if you have a concern I can help with or might even know who can help with it, you contact me directly. Social media has its value and I do use it to monitor general views about local issues but I can't deal with individual cases this way. I want to help wherever I can, so please do email or phone me.

Take care. Stay safe.

Keep caring for Cambridgeshire & Peterborough
Face coverings are compulsory in enclosed public spaces
This includes shops, supermarkets, shopping centres, enclosed transport hubs and on public transport
Don't leave home without yours
Coronavirus hasn't gone away

Please do continue to contact me about the things that matter to you.
lyndaharford@icloud.com, 01954 251775/07889 131022; Twitter: @2whit2whoo

News from Maple Surgery

Since we took over the surgery on the 1st April it has certainly been a very challenging time for us all. We anticipated holding several engagement events and looked forward to meeting so many of you but obviously these plans were disrupted due to the Pandemic.

We have appointed a new full time GP, Dr Anna, and we are also in the process of recruiting an Advanced Nurse Practitioner who will be here 3 days a week to assist you with minor illness. Rajiv Nandha, our new Pharmacist has also joined the team whom many of you may already have spoken with whilst undergoing medication reviews.

The Surgery now has a dedicated Prescription Clerk who is here Monday to Friday 10.00 am to 12.00 pm to assist you with any queries you may have. We are no longer able to accept prescription requests over the phone so would like to encourage patients to order their medication through the NHS App. Alternatively you can email your requests to maplesurgery.repeats@nhs.net or submit your paper request in the Repeat Prescription Box at the front doors, unless Covid restrictions change and this is why we are keen for patients to use the electronic services available. If for any reason you do not have access to the internet or are unable to attend the surgery to drop off your request please speak to our Prescription Clerk who will be able to find an alternative solution.

We would like to ask those patients ringing for test results to call the surgery at a less busy time between 2.00 pm and 4.00 pm. Once you have had a blood test please allow 5 working days before you call for your result.

The telephone triage system continues to run with the GP who will arrange face to face appointments with patients as necessary and are opening up more face to face appointments with Donna and Fiona in the nursing team.

We have made changes to our GP appointment system which means that there will be a selection of telephone appointments available to book in advance

MKGP PLUS

for non-urgent issues which we hope will reduce the amount of calls coming into the surgery at 8.30 am trying to arrange appointments on the same day. On the day appointments will still be available for medical emergencies.

Please ensure you do not attend the surgery for an appointment if you are feeling unwell or showing any symptoms of Covid. We ask all patients attending the surgery to wear a face mask.

I am now providing dedicated time to speak to patients on the telephone so if you have any queries or concerns please call the surgery and arrange a call. I will run these sessions throughout the week between 2.00 pm and 3.00 pm each day. I am of course happy to talk to you outside of these times if it is not convenient for you.

Our flu clinics are up and running and you will receive an invitation if you are eligible. If you have not received an invitation yet please do not hesitate to contact the surgery to arrange. Presently we are offering the flu vaccination to the over 65's and those patients with long term conditions. Later on in the year we will be rolling out the scheme to vaccinate those healthy patients over 50, we will contact patients accordingly when these vaccines become available.

When attending the flu clinic please only arrive at your allotted time, and no earlier, come prepared with short sleeves and of course do not attend the flu clinic if you are feeling unwell or showing any symptoms of Covid. We ask all patients attending the surgery to wear a face mask.

We are also in the process or undergoing a refurbishment with new flooring throughout and a re-decoration.

We hope to be able to welcome many of you back to the surgery in the near future, with best wishes.

Clare Briars - Operations Manager

Bar Hill News - Can You Help?!

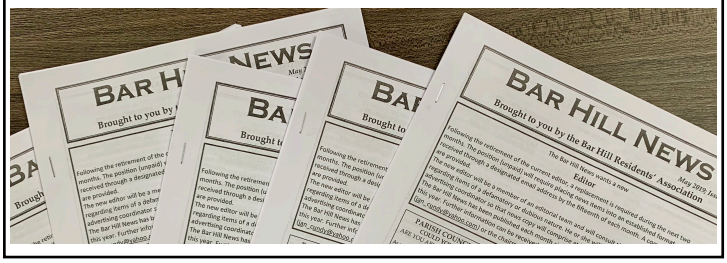
We have recently been in touch with Cambridgeshire Archives in regard to keeping a record of old issues of the Bar Hill News.

The archive have identified a significant gap in that the first issue they have is Issue 76 (from December 1998).

They are also missing numbers 351 (Feb 1999), 370 (Nov 2000), 373 (Feb 2001), 386 (Apr 2002), 427 (Dec 2005), 459 (Dec 2008), 476 (Jul 2010) to the end of 2010.

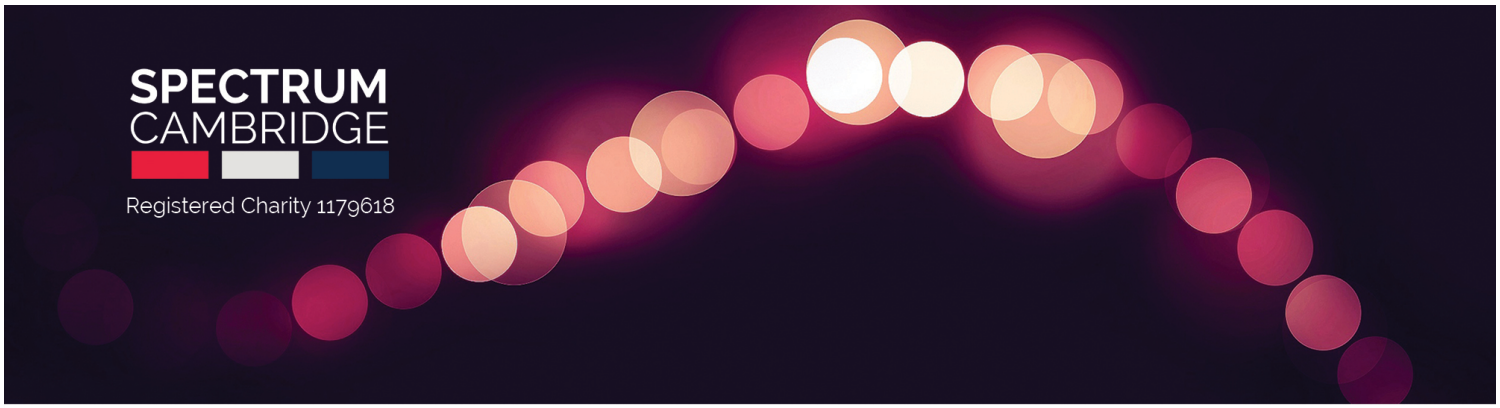
We have a number of old issues in the Parish Council Offices and are working through them at the moment (hopefully we will be able to fill in some of the gaps).

Do you have a missing issue we could either have or borrow to make a copy?



Book your flu jab online at tesco.com/pharmacy from 1 September

TESCO Pharmacy



Spectrum are family focused and passionate about inclusion.
We are proud to have won both the Cambridge Live Community Awards and Luminus Community Inspiration Awards for our work.

Providing a broad range of engaging and imaginative events, days out and SEND support for children with Autism, additional needs, learning difficulties and disabilities, alongside their families and carers.

Additionally we are a recognised agent for Max Card across East Anglia and work closely with Clip n Climb Cambridge on their SEND sessions.

Our membership is free.

@spectrumcio

www.spectrum.org.uk 01223 955404 hello@spectrum.org.uk

#WEARESPECTRUM

Bar Hill Village Hall

The village hall is located just off The Spinney and offers the following;

- Conference Facilities;
- Seminars;
- Committee/Meeting Rooms;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales;
- Kitchen Facilities;
- Excellent Parking as well as catering Facilities

If you wish to book any of these facilities, or to get more information, please call 01954 782414 and leave a message. We'll call back within 24 hours (Monday to Friday). Alternatively you can email us at; barhill.villagehall@btconnect.com or visit www.barhillvillagehall.com

October Crossword

Across: 1.impudence/jauntiness. 6.small airport. 7. sluggish. 10.poss words before a signature-5&4

Down: 1 & 5, see2. 2. artist 1891-1959 from Cookham. 3. too many chiefs, too few-. 4.personal esteem. 5. see 2dn. 8.Greek letter. 9. common for boss.

Solution for previous Crossword:

Across: 1.dandelion. 6.custodian. 7.oblivious. 10.snowdrops. **Down:** 1.doctors. 2.NHS. 4.evolved. 4.ICI. 5.nemesis. 8.leo. 9.oso.

FOR SALE: Garden table, glass top & folding chairs, metal paint & bit rusty otherwise fine - Assorted garden flower pots, some ceramic - Old dark wood drop-leaf bureau with 2 drawers - Black swivel office chair - Under the worktop electric oven, little used - One interior door with handles.

Donations to hearing dogs for deaf people for these items. Please call **01954 200571**

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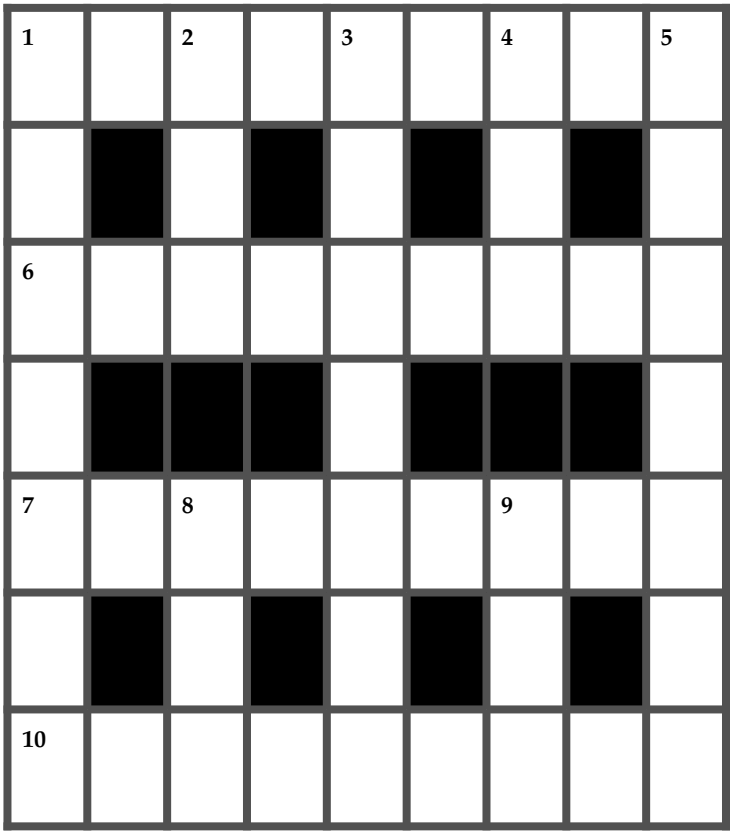
FOR ALL MAINTENANCE RENOVATIONS AND DIY WORK

All general building repairs & odd jobs
Specialist in Painting & Decorating
Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing
- Plumbing
- Tiling
- Roofing
- Drainage
- Guttering
- Carpentry

Call today
07877 742 420 or
01480 437511
g.bbuilders@yahoo.co.uk



VILLAGE EVENT CALENDAR WILL RETURN SOON ...